City of Gulfport Wellness Program 2013

Do You Want a Lower Health Insurance Premium?

If you meet certain **health related goals**, you will qualify for a reduction in your health insurance premium starting in SEPTEMBER 2013. This is a ***voluntary* health-contingent** wellness program.

<u>**GUIDELINES**</u>

- Complete **wellness exam and/or health risk assessment**, testing the following: blood pressure, height, weight, complete metabolic panel, fasting lipid panel, complete blood count with differential platelets, thyroid stimulating hormone, urinalysis testing for nicotine.
- Receive age-appropriate wellness exams.
- Have Medical Provider complete **Initial Employee Wellness Verification Form** (on Human Resources Website) and develop goals based upon identified health risk (s).

Health Risk Assessment can be conducted by Nurse Practitioner at Med Analysis Clinic (**by appointment only**) or by your private Physician. If conducted by Physician, report must be forwarded to **Wellness Program Reviewer** at Med Analysis Clinic, the gatekeeper for the medical records. **This report will be kept confidential. Wellness Exams are covered under our health plans at 100%, with no co-payment (if a diagnosis is not rendered).**

HEALTH RISK ASSESSMENT MUST BE COMPLETED NO LATER THAN MAY 30, 2013

Based upon results of your health risk assessment, you will have to formulate specific goals to address your identified medical risk, i.e., high cholesterol, diabetes, high blood pressure, and meet **at least 50%** of your identified goal (s).

Human Resources have identified specific classes that may assist you in reaching your health related goals, beginning in May 2013. All program requirements must be completed no later than **AUGUST 30, 2013** in order to receive discount, effective the second pay period in **September (Complete details can be found on Human Resources website, under Wellness information.)**

If you need additional information, please access website or call Human Resources at 228.868.5831